

## Household Commodity Fact Sheet

**HAM, WATER ADDED, FULLY COOKED, FROZEN**

Date:

Code: A669

**PRODUCT DESCRIPTION**

- Frozen ham is a fully cooked, cured, boneless ham with salt and water added. It is 97% fat free and 4 to 4 ½ inches in diameter.

**PACK/YIELD**

- Frozen ham is packed in 3 pound packages, which is about 10 servings (3 ounces each).

**STORAGE**

- Keep ham frozen at 0 degrees F until ready to use.
- After cooking, store any leftover ham a container not made from metal in the refrigerator. Use within 2 days.
- Look at the “Best if used by” or “Best by” date on the package.
- For further guidance on how to store and maintain USDA Foods, please visit the FDD Web site at:  
<http://www.fns.usda.gov/fdd/facts/biubguidance.htm>.

**PREPARATION/COOKING**

- To thaw ham in the refrigerator, place wrapped ham on a plate or in a bowl on the lowest shelf to catch any dripping or juice. Thaw overnight or for at least 10 to 12 hours.
- DO NOT thaw ham on countertops or at room temperature.
- If eating ham heated, heat immediately after thawing; ham should be heated to an internal temperature of 140 degrees F. You cannot tell food is cooked safely by how it looks. Only a food thermometer can show the right temperature. Cooked ham may still be pink even though it is cooked through.
- To heat: Remove wrapping. Place ham in pan. If frozen, roast in an oven for 3½ to 4 hours at 325 degrees F. If thawed, roast in an oven for 1 to 1 ½ hours at 325 degrees F.

**USES AND TIPS**

- Because this ham is fully cooked, it may be eaten cold after thawing, if you like.
- Use sliced ham in sandwiches, or slice or chop and sprinkle on top of salads or soups.
- Use sliced or chopped ham in omelets, casseroles, or on top of pizzas.
- Serve sliced ham with vegetables or a salad, and rice or potatoes for a complete meal.

*See back for more information***NUTRITION FACTS**

Serving size: 3 ounces (85g) ham

**Amount Per Serving**

<b>Calories</b>	130	<b>Calories from Fat</b>	60
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**% Daily Value\***

<b>Total Fat</b> 6g	<b>10%</b>
Saturated Fat 1.5g	<b>7%</b>
Trans Fat 0g	
<b>Cholesterol</b> 60mg	<b>20%</b>
<b>Sodium</b> 980mg	<b>40%</b>
<b>Total Carbohydrate</b> 0g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 0g	
<b>Protein</b> 16g	

Vitamin A	0%	Vitamin C	30%
Calcium	0%	Iron	4%

\*Percent Daily Values are based on a 2,000 calorie diet.

## NUTRITION INFORMATION

- 1 ounce of cooked ham counts as 1 ounce in the MyPyramid.gov Meat, Poultry, Fish, Dry Beans, Eggs and Nuts Group. For a 2,000-calorie diet, the daily recommendation is about 5 ½ ounces. A serving of meat is about 3 ounces.

## FOOD SAFETY INFORMATION

- Keep frozen until ready to use; follow proper directions listed under Preparation/Cooking.
- Always thaw in the refrigerator.

## OTHER RESOURCES

- [www.nutrition.gov](http://www.nutrition.gov)
- [www.commodityfoods.usda.gov](http://www.commodityfoods.usda.gov)
- For more recipes, go to: [http://www.fns.usda.gov/fdd/recipes/hp\\_cookbooks.htm](http://www.fns.usda.gov/fdd/recipes/hp_cookbooks.htm)

## POTATO AND HAM SKILLET WITH EGGS

### MAKES ABOUT 6 SERVINGS

#### Ingredients

- 2 potatoes, peeled and diced
- 2 tablespoons vegetable oil
- 2 small onions, chopped
- 1 green pepper, chopped
- 6 eggs, beaten
- ¼ teaspoon black pepper
- 6 ounces (about 1 cup) frozen ham, thawed and chopped
- 1 cup reduced-fat cheddar cheese, shredded

#### Directions

1. In a medium-size skillet, cook potatoes in oil over medium heat until just soft, about 5 to 10 minutes.
2. Stir in onion, green peppers, and ham, and cook 5 minutes.
3. Pour eggs and black pepper over potato mixture in pan, and sprinkle with cheese.
4. Cook for 5 minutes, stirring occasionally, or until eggs are firm and cheese is melted.

Nutritional Information for 1 serving (about ½ cup) of Potato and Ham Skillet with Eggs					
Calories	290	Cholesterol	245 mg	Sugar	4 g
Calories from Fat	140	Sodium	540 mg	Protein	19 g
Total Fat	15 g	Total Carbohydrate	19 g	Vitamin A	141 RAE
Saturated Fat	5 g	Dietary Fiber	3 g	Vitamin C	75 mg
				Calcium	218 mg
				Iron	2 mg

Recipe adapted from Commodity Supplemental Food Program Cookbook, [csfpcentral.org](http://csfpcentral.org).

## HAM AND PASTA SALAD

**MAKES ABOUT 6 SERVINGS**

### Ingredients

- 2 cup macaroni, uncooked
- 4 tablespoons light mayonnaise
- 1 small onion, chopped
- 2 stalks celery, chopped
- 1 green pepper, chopped
- 1 teaspoon mustard
- 1 teaspoon garlic powder
- ¼ teaspoon black pepper
- 6 ounces (about 1 cup) frozen ham, thawed and chopped

### Directions

1. Cook macaroni according to package directions. Rinse with cold water until macaroni is cool.
2. Combine all ingredients in a large bowl, mixing well.
3. Refrigerate for at least 1 hour before serving.

Nutritional Information for 1 serving (about 1 cup) of Ham and Pasta Salad					
<b>Calories</b>	220	<b>Cholesterol</b>	20 mg	<b>Sugar</b>	2 g
<b>Calories from Fat</b>	50	<b>Sodium</b>	430 mg	<b>Protein</b>	10 g
<b>Total Fat</b>	6 g	<b>Total Carbohydrate</b>	29 g	<b>Vitamin A</b>	7 RAE
<b>Saturated Fat</b>	1 g	<b>Dietary Fiber</b>	2 g	<b>Vitamin C</b>	24 mg
				<b>Calcium</b>	35 mg
				<b>Iron</b>	2 mg

*Recipe adapted from Commodity Supplemental Food Program Cookbook, [csfpcentral.org](http://csfpcentral.org).*